



Use these forms during the week to track the number of times you use each activity for your **Weekly Report**.

Practice Tracking Form							
Week of _____							
1. Connecting with Yourself...	Su	Mo	Tu	We	Th	Fr	Sa
a. Loosening and Relaxing							
b. Waking up the Body							
c. Reset and Refresh							
d. Morning Gratitude							
e. Mirror Greeting							
2. Connecting with Quiet...	Su	Mo	Tu	We	Th	Fr	Sa
a. Centering							
b. Movement into Stillness							
c. Deep Relaxation							
3. Connecting with Your Partner...	Su	Mo	Tu	We	Th	Fr	Sa
a. Seeing Each Other							
b. Giving Massage to Your Partner							
c. Receiving Massage from Your Partner							